



Walk[®] Across Texas!

Team Member Guide

<http://walkacrosstexas.tamu.edu>



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Issued in furtherance of Cooperative Extension Work in Agriculture and Home Economics, Acts of Congress of May 8, 1914, as amended, and June 30, 1914, in cooperation with the United States Department of Agriculture, Edward G. Smith, Director, Texas Cooperative Extension, The Texas A&M University System.

Walk Across Texas Overview

Walk Across Texas is a physical activity program created in 1996 by Texas Cooperative Extension to help people of all ages support one another to establish the habit of walking.

Someone in your organization may be appointed as the Site Manager for Walk Across Texas. The Site Manager will find Team Captains. The Team Captains then recruit seven people for their team. Once teams of eight are formed, a “Kick-Off” event marks the beginning of the program. People walk together or individually, outside or at a mall or gym, on a treadmill—any way that fits their lifestyle. Teams compete for eight weeks to see which one walks the 830 miles across the state first and which one walks the greatest amount of miles.

Team Captains report their team members’ mileage each week, and it is posted on an on-line map or on a Texas road map somewhere in your organization. Some groups sponsor an activity after four weeks to keep everyone motivated. Everyone is recognized for their accomplishments at the “Celebration Event” at the end of the eight weeks.

We hope you and others in your organization will not only develop the habit of walking but also have a wonderful time walking across Texas!

Important Dates to Remember

- ◆ February 17, 2007 Walk Across Texas Kickoff Event at the new trails at Wolf Pen Creek in College Station (Dartmouth and Holleman streets), 10:00-11:00 a.m. and walk the first mile. T-shirts will be sold.
- ◆ January 1 - Feb. 24, 2007 Team Captains send only the Team Registration Form to Dr. Alma Fonseca at FAX#979/775-3768, *email: a-fonseca@tamu.edu, or mail to 2619 Hwy 21 West, Bryan, TX 77803. ***NOTE: IF YOU EMAIL THE FORM, PLEASE ADD WALK ACROSS TEXAS IN THE SUBJECT LINE SO IT WON'T BE DELETED BY MISTAKE THINKING IT MIGHT BE SPAM.**
- ◆ **NO Team Captain Meeting this year.**
- ◆ February 17 - April 14, 2007 Log miles during the 8-week Brazos County Walk Across Texas Program.
- ◆ March 10, 2007 Midway/Don't Give Up Now Event, 10:00 a.m. - 12:00 noon at Crompton Park, 201 West Holleman at Jones-Butler Road in College Station.
- ◆ April 14, 2007 Individual success stories and nominations for team member with the most spirit due to Dr. Alma Fonseca (fax, mail or email-Walk Across Texas in Subject Line).
- ◆ April 28, 2007 Last Mile Celebration Event, Post Oak Mall (J. C. Penney entrance) at 1:00 p.m.

Team Captain: _____

Phone: _____

Fax: _____

E-Mail: _____

Walk Across Texas

Team Member Steps to Success

Step 1: Sign up, and give your contact information to your Team Captain. Help your Team Captain name your team.

Step 2: Complete the Individual Registration Form, and give it to your Team Captain. Please check with your doctor, if needed, before starting. This form also helps us know your starting physical activity level.

Step 3: Attend the Kick-Off Event on February 17, at 10:00 am at the new trails Wolf Pen Creek in College Station. T-shirts will be sold and we'll have door prizes.

Step 4: Start walking or do another aerobic activity, like swimming or jogging. In Brazos County, 15 minutes of CONTINUOUS aerobic exercise equals one mile.

Step 5: Keep track of your daily mileage on your Individual Mileage Log. If you'd like to do so, you may also track your pounds lost on this same form.

Step 6: Total your mileage and/or pounds lost each week; e-mail, fax, or call the total to your Team Captain—usually by Sunday.

Step 7: Encourage your team to attend our “Midway” Event on March 10, 10:00 a.m. at Crompton Park, 201 W. Holleman at Jones-Butler Road in College Station.

Step 8: Complete the Wrap-Up Form when Walk Across Texas is over. Give it to your Team Captain. This form helps us learn how to improve the program and what to keep the same.

Step 9: Submit a success story telling what Walk Across Texas did for you and/or nominate a team member with the “most spirit.” Send by April 14th to: Dr. Alma Fonseca at FAX# 979/775-3768, *email to a-fonseca@tamu.edu, or mail to 2619 Hwy 21 West in Bryan, Texas 77803. ***NOTE: IF YOU EMAIL THE FORM, PLEASE ADD WALK ACROSS TEXAS IN THE SUBJECT LINE SO IT WON'T BE DELETED BY MISTAKE THINKING IT MIGHT BE SPAM.**

Step 10: Attend the Celebration Event on April 28 at 1:00 pm at Post Oak Mall (J. C. Penney entrance). We'll have lots of awards and certificates to give away.

Frequently Asked Questions about Walk Across Texas

Q. How far does each person need to walk every week if a team is to make it the 830 miles across Texas?

A. Each person needs to average about 13 miles per week. Some people walk more and others less. Gradually work to increase your mileage to avoid injury.

Q. Do we all have to walk at the same time?

A. Team members do not need to walk together unless they want to do so. Treadmills are okay. Other aerobic activities may be done. Remember in Brazos County, 15 minutes of continuous aerobic exercise equals one mile.

Q. How can we see our team's progress?

A. Members pool their mileage each week to help their team move across either a paper road map or the on-line map on our website. If a paper map is used, generally, no more than the top 10 teams can be shown each week.

Q. How much does it cost?

A. Walk Across Texas is meant to be a “free” activity. Fundraising is not a part of Walk Across Texas; however, if someone participates in a fundraising activity, such as those put on by the American Heart Association, those miles may be counted for Walk Across Texas.

Q. Why do we need all of these forms and records?

A. Each form does have an important function. The Registration Form documents your baseline activity information and lets us know you have checked with your doctor. You write down miles every time you walk because doing this helps you be successful, as well as accurate. The Wrap-up helps us learn ways to improve for next time and whether or not the program helps. Please let us know your comments. Entering “Success Stories” helps us know specific ways the program helped you.